

A Correlative Study of Personality and Self-Esteem

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ARTICLE DETAILS

Article History

Published Online: 13 March 2019

Keywords

Personality, self-esteem, girl students.

ABSTRACT

The objectives of the present study were to assess the relationship between personality and self-esteem among 50 girls of Rajiv Gandhi govt. college, Bhiwani, Haryana. The present study was conducted on 50 girls from Rajiv Gandhi govt. college Bhiwani, Haryana. The NEO Five-Factor Personality Inventory: was used to assess personality types and M.S. Prasad and G.P. Thakur: Self-esteem scale was used to assess self-esteem of the girls. The Pearson correlation between the variables is used. The hypothesis which predicted that "self-esteem will be positively correlated with agreeableness" is significantly supported by the co relational analysis.

1. Introduction

Self-esteem –

Self-esteem is term utilized in psychology to mirror humans by & large emotional evaluation of their own value. It is a judgment of self just as a demeanor toward the self. Self-esteem envelops accepts & feelings. "The self-concept is the thing that individuals consider their self; while self-esteem is simply the constructive or adverse evaluations of the self, as in how individuals feel about it. Self-esteem is otherwise called the evaluative component of the self that incorporates sentiments of value, prides & debilitation. Self-esteem is a manner that a human has which speaks to their very own decisions of their own value.

Kid with low self-esteem have a troublesome time managing issues, are excessively self-basic, & they can wind up detached, pulled back, discouraged & disappointed. He/She may waver to attempt new things, though, may talk contrarily about themselves, & regularly observe transitory issues as perpetual conditions. He/She is skeptical, negative about themselves & their life.

Definitions & meaning of self-esteem

Coppersmith (1967) also suggested that self-esteem Reflects evaluation of several aspects of the self; each measured against the background of an individual's personal aspirations. In the sense self-esteem is a very important attribute of human personality forming the basis of one's well-being & success in life.

Personality

In psychology, **Personality** is a collection of emotional, thought & behavioral patterns unique to a person that is consistent over time. The word personality originates from the Latin word "persona" meaning theatrical mask. Interestingly, personality is who we really are, which makes us exceptional, our heritable traits, characteristics, and inadequacies.

Definition

- Allport (1965) defines Personality "it is a dynamic organization within the individual of those psychophysical systems that determine his characteristic behavior & thought".

Self-esteem. Discouraged individuals were found to have lower dimensions of self-esteem, so no doubt successful treatment of depression could raise dimensions of self-esteem. All the more essentially, no doubt meanings of self-esteem & personality depend on certain qualities supported by society & specialists in psychology, as opposed to a Personal feeling of worth.

2. Review of literature

Most of the studies used college student samples & found that self-esteem had a strong positive correlation with Emotional Stability, moderate positive correlations with Extraversion & Conscientiousness, & weak positive correlations with Agreeableness & Openness (Goldberg & Rosolack, 1994; Jackson & Gerard, 1996; Kwan, Bond, & Singelis, 1997; Keller, 1999; Robins, Hendin, & Trzesniewski, 2001).

Robins et al. (2001) studied the relationship between self-esteem & the Big Five personality dimensions. Information were gathered over the Internet from an expansive heterogeneous example of people who ran in age from 9 to 90 years. High confidence people were emotionally stable, extraverted, & conscientious & were somewhat agreeable & open to experience.

Self-esteem has been observed to be decidedly connected with every one of the Big Five elements (Robins et al., 2001). Experimental relationship between neuroticism, extraversion and unequivocal self-esteem are very hearty: self-esteem associates adversely with neuroticism and emphatically with extraversion, agreeableness, Conscientiousness, and openness (Watson et al., 2002).

Cheng & Furnham (2003) examined the correlations & causes of happiness & depression among adolescents. Results indicated that extraversion was significantly correlated with positive affect ($r=0.27$), negative affect ($r=-0.22$), depression ($r=-0.39$), & happiness ($r=0.45$) & neuroticism significantly correlated with positive affect ($r=-0.24$), negative affect ($r=0.35$), depression ($r=0.53$), & happiness to a similar degree ($r=-0.43$). Self-esteem & relationship with parents had a

direct predictive power on happiness & the opposite relationship with depression, whereas, extraversion & neuroticism predicted happiness & depression mediating through self-esteem. Negative self-esteem (recoded & relabelled as sense of self-worth) appears to have no impact on happiness, whereas, positive self-esteem appeared to relate to all aspects of happiness as well as being a moderator variable for neuroticism, & to a lesser extent extraversion. On the other hand negative & positive self-esteem seemed equally important in predicting factors of depression. Further, for depression, sex also showed direct predictive power suggesting that girls were more likely to suffer from depression than boys. The "path model", which resulted from the analysis, showed clearly the differences in the personality, self-esteem, & demographic predictions of happiness as opposed to depression.

(Watson et al., 2002) self-esteem also positively correlated with extraversion & negatively with neuroticism.

An ongoing report by Swickert et al. (2004) detailed a critical roundabout impact of extraversion on self-esteem by means of positive effect. Along these lines, extraversion's effect on self-esteem was observed to be fundamentally intervened by positive effect. Various examinations have explored the individual identity and emotional components related with self-esteem (e.g., Francis, 1996; Swickert, Hittner, Kitos, and Cox-Fuenzalida, 2004).

Fatemeh Amirazodi and Maryam Amirazodi (2011) completed an examination analyzed the relationship between the personality traits and self-esteem. Three-hundred-ten Shiraz University understudies (147 young ladies and 163 young men) were members of the investigation.

3. Objectives:

The objectives of the present study were to examine the relationship between personality & self-esteem among girls of (Rajiv Gandhi govt. college, Bhiwani, Haryana).

4. Hypothesis:

- There would be a significant correlation between personality trait & self-esteem.

5. Methodology:-

Sample –Sample consisted of 50 girls (UG) from Rajiv Gandhi Govt. Girls College, Bhiwani, Haryana.

6. Tools Used –

The following tools were used in the present study for different purposes –

1. NEO-FFI

The NEO Five-Factor Inventory (NEO-FFI) developed by McCrae & Costa is most widely used instrument to assess personality on five dimensions namely Neuroticism, Extraversion, Openness, Agreeableness, & Conscientiousness. This inventory contains 60 items, 12 items for each of the five domains. It includes self-descriptive responses by the participants using a 1 (strongly disagree) to 5

(strongly agree) Likert-type scale. Cronbach's-alpha reliability coefficients of inventory evaluated. The values of the coefficient are 0.90, 0.78, 0.76, 0.86 & 0.90 for the dimensions of neuroticism, extraversion, openness, agreeableness & conscientiousness, respectively.

2. Self-Esteem Inventory (SEI)

Self Esteem Inventory developed by M.S.Prasad & G.P. Thakur Psychology Department, University of Bihar, Muzaffarpur. There are thirty statements in the inventory. Each statement has seven point answer scale. The self-esteem is socially perceived self was to be determined by the basis of the same set of statements. Out of thirty items seventeen are socially desirable & thirteen items are socially undesirable. The items which are socially desirable would get 7 scores if answered completely true & 1 if answered completely false. The socially undesirable items would be scored in the opposite manner i.e. the completely false point would get 7 scores & completely true would get 1 score.

Split half reliability co-efficient were calculated for both the sets of inventory which came out to be .82 & .78 for personally-perceived self & socially-perceived self respectively.. Re-test reliability co-efficient were found for both the tests were .69 & .66 respectively for personally-perceived self & socially-perceived self.

7. Procedure –

To conduct the study, firstly, verbal consent was taken from the UG students from whom the data were collected & rapport was established. They were given a briefing about the aim of present investigation. Instructions were given according to the questionnaire used. They were assured that their information would be kept confidential & used only for research purpose, so they are requested to be open & honest in their responding. After that, scales were administered & data were collected.

8. Statistical techniques:

The data were analysed by using Pearson product moment method in SPSS 20 to find the relationship of personality traits with self-esteem of UG girls.

9. Result & Discussion

Table 1: Pearson Correlation between personality traits & self-esteem

Variables	Self- esteem		
	N	Pearson Correlation	Level of significance
Neuroticism	50	-.063	N.S.
Extroversion	50	.079	N.S.
Openness	50	-.138	N.S.
Agreeableness	50	.526**	.01
Conscientiousness	50	.032	N.S.

Table 1 show that agreeableness is significantly & positively correlated with self-esteem & no other traits of personality show significant correlation with self-esteem.

The personality trait agreeableness shows a strong positive correlation with self-esteem at .01 level. It means that high agreeableness tends to high self-esteem & vice-versa.

Hence our hypothesis "There would be a significant correlation between personality trait & self-esteem" is partially accepted,

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Conclusion:-

From the present findings, it could be concluded that –

- High agreeableness tends to high self-esteem & vice versa.